IN THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A guide for a rope or chain comprising: a base plate[[,]];

an arcuate first arm pivotally connected pivoted to the base plate[[,]];

an arcuate second arm pivotally connected to the first arm and so as in a rest position to form an acute angle with the first arm, wherein the arcuate second arm is pivotally connected to the first arm at a location spaced from the pivotal connection between the arcuate first arm and the base plate; and

biasing means between the base plate and the second arm.

- 2. (Previously Presented) A guide as claimed in claim 1, wherein the base plate carries a chain wheel, wherein the chain wheel has a periphery and the arms are positioned adjacent the periphery of the chain wheel.
- 3. (Previously Presented) A guide as claimed in claim 1, wherein the biasing means comprises a spring connected to the second arm at a position between a pivot point between the base plate and first arm and a pivot point between the first and second arms.
- 4. (Original) A guide as claimed in claim 1, wherein the second arm carries a pressure member.
 - 5. (Currently Amended) A guide for a rope or chain comprising: a base plate[[,]]; an arm pivotally connected to mounted on the base plate[[,]]; biasing means between the base plate and the arm[[,]]; and an elongate pressure member pivotally mounted on the arm.
 - 6. (Cancelled).
 - 7. (Original) A guide as claimed in claim 5, wherein the arm is substantially arcuate.

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- 8. (Original) A guide as claimed in claim 5, wherein the pressure member is substantially arcuate.
- 9. (Previously Presented) A guide as claimed in claim 5, wherein the pressure member is substantially arcuate having a convex face and a pivot point of the pressure member is adjacent the convex face of the pressure member.
- 10. (Previously Presented) A guide as claimed in claim 5, wherein the base plate carries at least one chain wheel, wherein each chain wheel having a periphery wherein, a pivot point between the arm to the base being adjacent the periphery of the chain wheel.
- 11. (Previously Presented) A guide as claimed in claim 5, wherein a pivot point between the arm and the pressure member is displaced from a centre point of the pressure member towards a pivot point between the arm and base.
- 12. (Original) A guide as claimed in claim 5, wherein the biasing means comprises a spring.
 - 13. (Original) A winch including a guide according to claim 1.
- 14. (Withdrawn) A chain, holding means being provided to bias adjacent links of the chain to a position where the links of the chain are closely adjacent.
- 15. (Withdrawn) A chain as claimed in claim 14, wherein the holding means comprises a tie about adjacent lengths.
- 16. (Withdrawn) A chain as claimed in claim 14, wherein the holding means comprises a pressure block positioned in the aperture of one or more links.